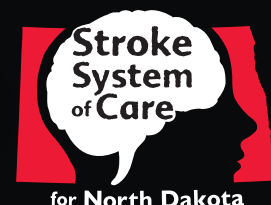




***FAST* Access to Stroke Care**



Know Your Numbers

High Blood Pressure and Stroke

High blood pressure—also known as hypertension—is the leading cause of stroke and the most important controllable risk factor for stroke.

Three out of four first-time strokes are associated with high blood pressure.

Uncontrolled high blood pressure (HBP) increases risk of stroke by 4 to 6 times.

- About 1 in 3 adults in the U.S. have high blood pressure
- More than half of Americans age 60 and older have high blood pressure
- Two-thirds of persons with diabetes have high blood pressure

High blood pressure is called the “silent killer” because there are no outward signs or symptoms. HBP can damage your heart, your blood vessels, your kidneys and other organs for years without your knowledge.

Blood pressure is the force of blood pumped by the heart pushing against the walls of arteries. Over time, HBP hardens the arteries, which can lead to a blockage—or it can weaken the walls of blood vessels so they burst. A stroke occurs when blood flow to an area of the brain is interrupted by either a clot or a rupture.

Control your blood pressure

- Get your blood pressure checked often.
- Work with your doctor; if medication is prescribed, take it according to your doctor’s instructions.
- Eat healthy meals high in fiber, fruits, and vegetables.
- Limit saturated and trans fats and sodium.
- Exercise 30 minutes or more a day at least five times a week.
- Maintain a healthy weight.
- Limit your intake of alcohol. Consumption should be no more than 2 drinks per day for men and no more than 1 drink per day for women.

Know the signs of stroke and call 9-1-1 for the fastest access to the Stroke System of Care for North Dakota.